



Dole Middle School ADVISORY LESSON GUIDE

"If even one person in a school knows him well enough to care, a student's chances of success go up dramatically. In small groups that can focus on a range of subjects, teachers and students are forming new bonds and setting new standards for a more personal education."

(Horace, September 1990).

According to the Association for Middle Level Education, there are a number of reasons that advisory programs are an important part of middle school. One reason is that they allow the students to feel that they are a part of something important where their involvement makes a difference. Advisory programs also help students find ways to become successful by making good decisions and having realistic goals, and to understand how that will make a difference in their lives. They also promote a connection between home and school along with social and peer connections. Advisory programs allow students to have a close relationship with an advisor/advocate. They also help students adapt from the elementary school to the middle school and from the middle school to the high school environment. Middle school advisory programs allow students to discuss and address certain issues that are unique to a middle schooler's life.

This guide provides a suggested order for putting Connect with Kids video resources, along with discussion questions and activities, to work in advisory sessions. Business experts call it "see-feel-change," fueling action by sparking emotion. Connect with Kids calls it **educating the heart**: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and challenges, sometimes referred to as "strength in numbers."

There are even more video resources and regularly updated News & Trends available to Dole Middle School educators and parents at <http://dole.connectwithkids.com/>.

| Session | Topic | Program Title | Description | Link on Site |
|---------|----------------------------|---|---|---|
| 1. | Resilience | Against All Odds - Part 1 | Four kids tell their stories of overcoming adversity against all odds. | http://dole.connectwithkids.com/against-all-odds-kv/ |
| 2. | Resilience | Against All Odds - Part 2 | Clive Aden and Guadalupe Fonseca learn adversity does not have to be permanent | http://dole.connectwithkids.com/against-all-odds-kv/ |
| 3. | Resilience | Against All Odds - Part 3 | Heather Bandy is blind, but doesn't let her disability keep her from succeeding in life. | http://dole.connectwithkids.com/against-all-odds-kv/ |
| 4. | Resilience | Against All Odds - Part 4 | Berhane Azage overcomes poverty and hardship by not measuring himself up with what he doesn't have. Instead he learned from his parents that adversity is not personal and can be overcome. | http://dole.connectwithkids.com/against-all-odds-kv/ |
| 5. | Resilience | Against All Odds - Part 5 | Kids need to be educated through real life examples that adversity does not have to be permanent, pervasive, or personal. | http://dole.connectwithkids.com/against-all-odds-kv/ |
| 6. | Attendance and Achievement | Disconnect: Why Kids Skip School - Part 1 | Explore trends in school dropout rates and the reasons that students are disengaged from their education. | http://dole.connectwithkids.com/disconnect-why-kids-skip-school-4/ |
| 7. | Attendance and Achievement | Disconnect: Why Kids Skip School - Part 2 | Danielle Anzalone shares her story of not wanting to attend school because of the bullying and harassment that she experienced. Experts say that many students don't want to go to school because they are afraid of what might happen. | http://dole.connectwithkids.com/disconnect-why-kids-skip-school-4/ |

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| 8. | Attendance and Achievement | Disconnect: Why Kids Skip School - Part 3 | Karina and Gina both decided that getting good grades was less important than fitting in with their friends. They each found a teacher who was able to motivate them and guide them on the right path. | http://dole.connectwithkids.com/disconnect-why-kids-skip-school-4/ |
| 9. | Attendance and Achievement | Disconnect: Why Kids Skip School - Part 4 | Dwayne Hamilton Frost describes how it took the help of his friend, mom, cousin and English teacher to turn his life around at a crucial time before he joined a gang. | http://dole.connectwithkids.com/disconnect-why-kids-skip-school-4/ |
| 10. | Attendance and Achievement | Disconnect: Why Kids Skip School: - Part 5 | Explore how keeping kids engaged at school requires the work of not only the entire school administration, but the parents as well. | http://dole.connectwithkids.com/disconnect-why-kids-skip-school-4/ |
| 11. | Life Skill Development | Caring/Compassion | Brandi Bratton and Marcus Peden act with compassion when they give up their time, space and privacy for the comfort of their live-in great-grandparents. Their caring nature has enabled them to love more and give more, instead of always waiting to receive. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 12. | Life Skill Development | Citizenship | With a push from his parents, Ben Coppedge volunteered with Habitat for Humanity to help others less fortunate than he. But somewhere along the way, Ben developed his own sense of citizenship and now feels a responsibility to give others a helping hand. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |

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| 13. | Life Skill Development | Civility | To Zan Fort, civility means allowing peers to be themselves instead of discriminating against them because of their differences. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 14. | Life Skill Development | Conviction | Lavale Lassiter voices his conviction against youth-targeted tobacco advertising by participating in anti-tobacco campaigns at the national level. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 15. | Life Skill Development | Cooperation | Cooperation on stage and behind the scenes is critical to a play's successful run. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 16. | Life Skill Development | Courage | Even though Masha Malikina suffered severe injuries in a car accident that left her a paraplegic, she exhibits the courage to share her experience with other teens while also pursuing the activities that she enjoyed before her life-altering accident. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 17. | Bullying Prevention | Sticks and Stones: Cyberbullying Prevention - Part 1 | Students discuss bullying issues | http://dole.connectwithkids.com/sticks-and-stones-cv/ |
| 18. | Bullying Prevention | Sticks and Stones: Cyberbullying Prevention - Part 2 | The Halligan family and experts discuss cyberbullying -- the bullying that resulted in the suicide of 13-year-old Ryan Halligan | http://dole.connectwithkids.com/sticks-and-stones-cv/ |
| 19. | Bullying Prevention | Sticks and Stones: Cyberbullying Prevention - Part 3 | A gay student shares his bullying experiences | http://dole.connectwithkids.com/sticks-and-stones-cv/ |

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| 20. | Bullying Prevention | Sticks and Stones: Cyberbullying Prevention - Part 4 | A female teen shares the rumors and sexual harassment she faced and a subsequent lawsuit against the school system | http://dole.connectwithkids.com/sticks-and-stones-cv/ |
| 21. | Bullying Prevention | Sticks and Stones: Cyberbullying Prevention - Part 5 | Experts review the signs of bullying and discuss actions to take | http://dole.connectwithkids.com/sticks-and-stones-cv/ |
| 22. | Substance Abuse Prevention | Gateway: Drug and Alcohol Prevention - Part 1 | Experts explain how experimenting with certain drugs can lead to the use and abuse of other harder drugs, called gateway. | http://dole.connectwithkids.com/gateway-4/ |
| 23. | Substance Abuse Prevention | Gateway: Drug and Alcohol Prevention - Part 2 | Andrew Wolpa is now in rehab after becoming a drug addict. He began smoking marijuana in the 8th grade, and became an addict after he decided to try other drugs while he was high. | http://dole.connectwithkids.com/gateway-4/ |
| 24. | Substance Abuse Prevention | Gateway: Drug and Alcohol Prevention - Part 3 | Experts explain adolescent brain development and that the earlier kids begin to use drugs, the more detrimental effects they have on an individual in the future. | http://dole.connectwithkids.com/gateway-4/ |
| 25. | Substance Abuse Prevention | Gateway: Drug and Alcohol Prevention - Part 4 | Alcohol, tobacco and marijuana are the most common gateway drugs because of the ease of access to the drugs. | http://dole.connectwithkids.com/gateway-4/ |
| 26. | Substance Abuse Prevention | Gateway: Drug and Alcohol Prevention - Part 5 | Experts use the "CRACK" test to determine if a kid is at risk for addiction, and explain that a major reason for their drug abuse can be the way they started and the drugs they first began using. | http://dole.connectwithkids.com/gateway-4/ |

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| 27. | Life Skill Development | Courtesy | A display of bad sportsmanship helped Colt Barron realize how being courteous can have a positive impact on others. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 28. | Life Skill Development | Diligence | Greg Johnson believes that his diligent, disciplined behavior will not only help him with his current academics, leadership roles and volunteer work but will also prepare him for a future career as a naval officer. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 29. | Life Skill Development | Freedom | Ryan Brantley and SQ Sunseri search for the freedom to construct their own identities. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 30. | Life Skill Development | Generosity | A service-learning project teaches ninth-graders how to be generous with their time and talents. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 31. | Life Skill Development | Helpfulness | Rene Cowan makes her friendship a foundation for help and support for those in need. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 32. | Life Skill Development | Honesty | Students who write news – whether a televised broadcast or a school newspaper article – have a responsibility to their audience: to present the news in an honest, understandable and informative manner. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 33. | Civility | Civil Wars - Part 1 | Explore why kids today are deemed less respectful than they were 30 years ago. | http://dole.connectwithkids.com/civil-wars-4/ |
| 34. | Civility | Civil Wars - Part 2 | Experts say feelings of isolation may cause less "civil" or respectful behaviors. | http://dole.connectwithkids.com/civil-wars-4/ |

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| 35. | Civility | Civil Wars - Part 3 | Cotswald Elementary is a school that focuses on character building, through the exemplary behavior of the teachers. They know the importance of character education in order to build model citizens early in life. | http://dole.connectwithkids.com/civil-wars-4/ |
| 36. | Civility | Civil Wars - Part 4 | The Falkenberry household and schools, such as Lydiksen Elementary, make sure that character building and learning respect, civility, etc. are part of their every day learning and are a part of their curriculum at school. | http://dole.connectwithkids.com/civil-wars-4/ |
| 37. | Civility | Civil Wars - Part 5 | Constantly in trouble, and surrounded by people who were looking out for her, Michelle DiTizio was finally tired of the bad behavior and began to turn her life around. | http://dole.connectwithkids.com/civil-wars-4/ |
| 38. | Resilience | Living from the Inside Out - Part 1 | Hear from teenagers how they feel about social media sites and how these sites contribute to anxiety and depression among teens. | http://dole.connectwithkids.com/living-from-the-inside-out-parents-4/ |
| 39. | Resilience | Living from the Inside Out - Part 2 | Hear from Chandler DeWitt about quitting competitive basketball after playing for six years and why it was the right decision for her. | http://dole.connectwithkids.com/living-from-the-inside-out-parents-4/ |
| 40. | Resilience | Living from the Inside Out - Part 3 | Among young people depression and anxiety are three times higher than in the 1930's. Hear about the cultural shift from intrinsic to extrinsic values in society today. | http://dole.connectwithkids.com/living-from-the-inside-out-parents-4/ |

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| 41. | Resilience | Living from the Inside Out - Part 4 | Kids need to have the opportunity to explore and find their passion. In this segment John Gramlich discovers his love for performing and chooses to leave sports behind. | http://dole.connectwithkids.com/living-from-the-inside-out-parents-4/ |
| 42. | Resilience | Living from the Inside Out - Part 5 | Parents and teachers have the challenge of finding a balance between extrinsic values (grades, test scores, building a resume) and intrinsic values (character, kindness, respect). | http://dole.connectwithkids.com/living-from-the-inside-out-parents-4/ |
| 43. | Life Skill Development | Honor | Chioma Oteh tries not to tell lies, but sometimes she does and feels remorse. After going to see a movie that her mother didn't want her to see, she couldn't sleep and had to tell the truth. This is called a conscience and it's the key to ethical and honorable behavior. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 44. | Life Skill Development | Integrity | Many teens are too cynical about politics to make a personal commitment, but some have learned to make a difference in their communities by participating in voter registration drives and campaigning for candidates who have integrity. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 45. | Life Skill Development | Justice/Fairness | Adam Brownfield and Nicole Blakely illustrate two sides of justice. Adam was sentenced to federal prison for taking a teen's life, Nicole was given a second chance at an alternative school for her intent to harm another child. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |

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| 46. | Life Skill Development | Kindness | Brian Head's father says his son suffered years of torment from school bullies before he committed suicide at the age of 15. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 47. | Life Skill Development | Loyalty | A devastating house fire helped Michael Kudelka assess the loyalty of his friends. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 48. | Life Skill Development | Patience | Shaina Mangum was a dancer and a cheerleader before injuries from a car crash restricted her to a wheelchair. Now Shaina tries to find the patience to endure daily physical therapy and a series of operations. Despite her situation, she is convinced that someday she will be mobile and independent again. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 49. | Life Skill Development | Peace | Their parents' divorces upset Katherine Yarberry and Tony Peaks. Now they rely on writing, meditation and sports to maintain the peace and control in their lives. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 50. | Digital Citizenship | Screen Addicts - Part 1 | Explore the role of computers, Internet and TV and video games in today's society. | http://dole.connectwithkids.com/screen-addicts-cv/ |
| 51. | Digital Citizenship | Screen Addicts - Part 2 | The Delano family finds that most of their family time is spent in front of a screen, or fighting about who gets to be on the computer. | http://dole.connectwithkids.com/screen-addicts-cv/ |
| 52. | Digital Citizenship | Screen Addicts - Part 3 | Explore the story of Joshua Kloyda, who started to watch online porn at the age of 12 and his subsequent addiction and lifestyle. | http://dole.connectwithkids.com/screen-addicts-cv/ |

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| 53. | Digital Citizenship | Screen Addicts - Part 4 | Daniel Gushue's dream of becoming a surgeon was put on the back burner when he became addicted to online gambling. | http://dole.connectwithkids.com/screen-addicts-cv/ |
| 54. | Digital Citizenship | Screen Addicts - Part 5 | Experts explain the importance of balancing real-life with screen life and teaching kids to manage their screen time. | http://dole.connectwithkids.com/screen-addicts-cv/ |
| 55. | Substance Abuse Prevention | In the Age of Alcohol: Underage Drinking - Part 1 | Experts explain how underage drinking could be the worse drug of all because of the behavior it creates in teens. Not as many teens drink alcohol as people think, but alcohol is still the number one contributor to youth deaths, due to the way in which kids drink. | http://dole.connectwithkids.com/in-the-age-of-alcohol-4/ |
| 56. | Substance Abuse Prevention | In the Age of Alcohol: Underage Drinking - Part 2 | Real stories explore underage drinking, the influence of genetics, and resulting bodily harm. People of all ages who don't learn to drink responsibly often use alcohol as a means of escaping. | http://dole.connectwithkids.com/in-the-age-of-alcohol-4/ |
| 57. | Substance Abuse Prevention | In the Age of Alcohol: Underage Drinking - Part 3 | This segment explores the use of alcohol as a "social crutch," and how drinking alcohol is too often a way to escape problems and anger. The earlier kids begin drinking, the more likely they will experience detrimental effects, and the more likely they will become alcoholics and not know how to interact socially. | http://dole.connectwithkids.com/in-the-age-of-alcohol-4/ |

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| 58. | Substance Abuse Prevention | In the Age of Alcohol: Underage Drinking - Part 4 | Watch the real story of two parents who allow their daughters to throw a party involving underage drinking, which got out of hand when the police showed up and a car caught on fire. | http://dole.connectwithkids.com/in-the-age-of-alcohol-4/ |
| 59. | Substance Abuse Prevention | In the Age of Alcohol: Underage Drinking - Part 5 | Ashley, now a paraplegic, shares her experience with what happened when she decided to drink and drive, and how that one night changed her life forever. | http://dole.connectwithkids.com/in-the-age-of-alcohol-4/ |
| 60. | Digital Citizenship | The Internet Generation - Part 1 | Experts explain how the Internet can be a positive and negative window into a world. It is one of the most powerful tools out there for teens, and can be a dangerous tool if not used properly. | http://dole.connectwithkids.com/the-internet-generation-cv/ |
| 61. | Digital Citizenship | The Internet Generation - Part 2 | Erica Bryant shares her real-life experiences with cyberbullying and how she and her parents dealt with the situation. | http://dole.connectwithkids.com/the-internet-generation-cv/ |
| 62. | Digital Citizenship | The Internet Generation - Part 3 | The Internet can expose kids to sites that can be very dangerous. Hillary Griffin shares her story of an anorexia site that led her to adopt the eating disorder. | http://dole.connectwithkids.com/the-internet-generation-cv/ |
| 63. | Digital Citizenship | The Internet Generation: Managing Technology - Part 4 | Real stories explore the ways that the Internet can create false identities and false relationships, and can be a window for predators to contact kids and teens. | http://dole.connectwithkids.com/the-internet-generation-cv/ |

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| 64. | Digital Citizenship | The Internet Generation - Part 5 | Explore the role parents and teachers play to help kids become wise digital citizens. | http://dole.connectwithkids.com/the-internet-generation-cv/ |
| 65. | Life Skill Development | Perseverance | Despite having only one leg since birth, Hunter Scott continues to persevere by engaging in physically demanding sports like hockey and water skiing and by focusing on the positive aspects of his life rather than the disadvantages that others may perceive. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 66. | Life Skill Development | Respect | After experiencing months of imprisonment and physical and emotional abuse by her boyfriend, Theresa Densmore finally found the self-respect to “just walk away.” Now Theresa’s life has turned around as she tutors inner city children and uses her experiences to help others. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 67. | Life Skill Development | Responsibility | Thrill-seeker Chuck Whiteside got more than he bargained for when his parachute failed during a routine skydive. But his ability to react quickly and responsibly kept him out of harm’s way. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 68. | Life Skill Development | Self-Control | Counseling sessions for anger management have helped Latasha Graham and her mother realize the importance of self-control when developing positive relationships with others. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |

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| 69. | Life Skill Development | Togetherness | The cohesiveness of the Allstar Panthers cheerleading squad was tested when one of its members was injured during a competition. But with teamwork and cooperation, the squad adapted and overcame its challenges to perform its routine. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 70. | Life Skill Development | Tolerance | Royida Amme feels like a typical American girl. But on September 11, 2001, after Muslim extremists committed violent acts in the name of Allah, Royida's religion made her a possible target for ridicule and harassment. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 71. | Life Skill Development | Trustworthiness | Because Kevin Lamar lost his sight at the age of 2, he must rely on the trustworthiness of strangers while also depending on his own instincts to guide him through life's challenges. | http://dole.connectwithkids.com/middle-high-character-life-skills/ |
| 72. | Grief | Lost and Found - Part 1 | Loss can come in many forms... death, divorce, even moving to a new town. Grief counselors say that any time there is a major upset in a family, there is a loss to deal with. | http://dole.connectwithkids.com/lost-and-found-student/ |
| 73. | Grief | Lost and Found - Part 2 | Fourteen-year-old Lauren shares the void she felt when her parents divorced and her dad moved away, and the behaviors that resulted. | http://dole.connectwithkids.com/lost-and-found-student/ |
| 74. | Grief | Lost and Found - Part 3 | Christina and Doug share their grief and emotions after losing a parent, and reasons why some behavioral challenges followed. | http://dole.connectwithkids.com/lost-and-found-student/ |

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| 75. | Grief | Lost and Found - Part 4 | Moving and leaving one's school or neighborhood can mean losing the things in life that help make us feel safe and secure. | http://dole.connectwithkids.com/lost-and-found-student/ |
| 76. | Grief | Lost and Found - Part 5 | Experts say kids need an adult who can listen, without judgment, to whatever grief they are feeling. See activities that help kids express their anger and sadness. | http://dole.connectwithkids.com/lost-and-found-student/ |
| 77. | Bullying Prevention | Silent Witness: Bullying Prevention - Part 1 | Kids talk about their experience on bullying, whether they are the bully, the victim, or the witness to bullying. | http://dole.connectwithkids.com/silent-witness-cv/ |
| 78. | Bullying Prevention | Silent Witness: Bullying Prevention - Part 2- | Kyle Finn shares his experience of being bullied in school and how it hurt when his friends watched but did nothing to stop it. | http://dole.connectwithkids.com/silent-witness-cv/ |
| 79. | Bullying Prevention | Silent Witness: Bullying Prevention - Part 3 | Stanzi Sanders was bullied and teased in school. While she was being bullied, other kids and even friends didn't do anything but watch. | http://dole.connectwithkids.com/silent-witness-cv/ |
| 80. | Bullying Prevention | Silent Witness: Bullying Prevention -Part 4 | Sometimes it does require a parent to step in and talk to their kid's school about how to change the bullying climate in the school. | http://dole.connectwithkids.com/silent-witness-cv/ |
| 81. | Bullying Prevention | Silent Witness: Bullying Prevention -Part 5 | Students discuss different ways in which they can make a change to the bullying problems at their school. | http://dole.connectwithkids.com/silent-witness-cv/ |
| 82. | Achievement | The Power of Expectations: Motivation - Part 1 | Competitive runner Ali Traina discusses the people who influence her personal expectations: her parents, her coach and her teammates. | http://dole.connectwithkids.com/power-of-expectations-cv/ |

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| 83. | Achievement | The Power of Expectations: Motivation - Part 2 | Experts discuss the fine line between too much pressure and not enough. | http://dole.connectwithkids.com/power-of-expectations-cv/ |
| 84. | Achievement | The Power of Expectations: Motivation - Part 3 | After a mentor comes to her rescue, Tiffany Harris goes from a student getting F's in class to someone who sets goals and does what she can to meet the expectations around her. Experts explore the factors to help motivate kids to set goals and live up to them. | http://dole.connectwithkids.com/power-of-expectations-cv/ |
| 85. | Achievement | The Power of Expectations: Motivation - Part 4 | Rigden Road Elementary School teachers and parents stress expectations for students to take advantage of opportunities, not have excuses, and be the best kids they can be. Experts say that kids sense expectations as early as a few months after birth. | http://dole.connectwithkids.com/power-of-expectations-cv/ |
| 86. | Achievement | The Power of Expectations: Motivation - Part 5 | Meeting expectations and goals require hard work and concentration. Ali Traina's parents say although she may not reach her goal, she has already lived up to their expectations; as long as she works hard and does her best. | http://dole.connectwithkids.com/power-of-expectations-cv/ |
| 87. | Bullying Prevention | Invisible Weapons: Bullying Prevention - Part 1 | Kids are hurt at school all the time. Not necessarily physically, but emotionally through the words of others around them. | http://dole.connectwithkids.com/invisible-weapons-cv/ |

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| 88. | Bullying Prevention | Invisible Weapons: Bullying Prevention - Part 2- | Sarah Nadler was bullied all through middle school and found it hard to open up to her parents about the bullying she was going through. | http://dole.connectwithkids.com/invisible-weapons-cv/ |
| 89. | Bullying Prevention | Invisible Weapons: Bullying Prevention - Part 3- | See what happens when the bully says she's sorry and how Doug Archibald stood up for his sister when she was being bullied. | http://dole.connectwithkids.com/invisible-weapons-cv/ |
| 90. | Bullying Prevention | Invisible Weapons: Bullying Prevention - Part 4 | Experts say that it is important to recognize signs of bullying in victims before they take matters into their own hands and fight back with acts of violence. | http://dole.connectwithkids.com/invisible-weapons-cv/ |
| 91. | Bullying Prevention | Invisible Weapons: Bullying Prevention - Part 5- | There are places like Camp Weloki that help kids like Alex find out ways to avoid bullying, and ways to stand up to bullies and report bullying to teachers and school administrators. | http://dole.connectwithkids.com/invisible-weapons-cv/ |
| 92. | College and Career Readiness | Making the Most of Education | Teens like to spend money on clothes, cars, music, phones and internet downloads. Many work at a minimum wage job to earn spending money but plan on making more money as they grow into adulthood. But what happens when teens don't graduate high school? Watch this real story to hear from students about their hopes, dreams and the reality of needing a solid education. | http://dole.connectwithkids.com/middle-high-college-career/ |

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| 93. | College and Career Readiness | Finding a Mentor | A study by Big Brothers, Big Sisters of America reports that kids with a mentor end up years later with more education, more money, and a better relationship with friends and family. Watch this and hear real stories about finding and being a mentor and its benefits. | http://dole.connectwithkids.com/middle-high-college-career/ |
| 94. | College and Career Readiness | Early Exposure to a Career | Volunteerism has become a graduation requirement for high school students in hundreds of school districts around the country. For some kids, volunteering also has a practical side, as well. Watch this video and hear from kids about some of the practical benefits of volunteering, including exploring future career options. | http://dole.connectwithkids.com/middle-high-college-career/ |
| 95. | College and Career Readiness | What's a Responsible College Visit | High school seniors around the country are in the process of deciding where to go to school next year. While a big part of that decision hinges on their visits to college campuses, what goes on during those visits may be of a surprise to many. Watch this program and hear from students, along with expert advice on making the most of college visits. | http://dole.connectwithkids.com/middle-high-college-career/ |

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| 96. | College and Career Readiness | College Myths - Part I | From what colleges require for admission to importance of high school grades, teens make during high school, there are plenty of misconceptions about what it takes to get into college. Watch this video to hear from students – and experts – about what teens and their parents should know about common misconceptions. | http://dole.connectwithkids.com/middle-high-college-career/ |
| 97. | College and Career Readiness | College Myths - Part II | From high school and college courses to financial aid, there are plenty of misconceptions about what it takes to get into college. Watch this video to hear from students – and experts – about what teens and their parents should know about common misconceptions. | http://dole.connectwithkids.com/middle-high-college-career/ |
| 98. | College and Career Readiness | Trading College for a Trade | Today more than ever parents and kids might think that a college education is a requirement for a good job and a prosperous life. There just might be a tradeoff. According to the Bureau of Labor Statistics, there are good opportunities and life-long careers in lots of trades. When it comes to career planning, there are many options to consider, in addition to college. | http://dole.connectwithkids.com/middle-high-college-career/ |
| 99. | College and Career Readiness | Exceeding Expectations | A real story to help teens to understand that an education translates into not just more money but more job choices about their future. Watch this real story to help students find within themselves the motivation to set and achieve goals – and to plan for life beyond high school. | http://dole.connectwithkids.com/middle-high-college-career/ |

| Session | Topic | Program Title | Description | Link on Site |
|---------|------------------------------|--------------------|---|---|
| 100. | College and Career Readiness | Career Anxiety | There is growing evidence that kids today are more worried about their future than previous generations. Whether they're involved in sports, clubs or academics, kids today are quickly learning that competition is a part of life. Watch this program to hear from kids about the competition and anxiety they face and feel, and what adults can do to help. | http://dole.connectwithkids.com/middle-high-college-career/ |
| 101. | College and Career Readiness | Is a GED Valuable? | Is the GED, or General Educational Development certificate, really a valid replacement for a high school diploma? Watch this short video and hear from kids and experts to learn more about what employers, college representatives and even the military have to say. Discussion questions help to continue the conversation. | http://dole.connectwithkids.com/middle-high-college-career/ |